



WINEGLASS BAY

sail walk

Welcome to the 6-Day Wineglass Bay Sail Walk

6 Day/5 Night
guided walk on
Tasmania's East
Coast staying on
our luxury ketch
Lady Eugenie

This amazing walk, the only one of its kind in Tasmania, takes in the spectacular beaches, peninsulas and island trails found in national parks along the east coast.

Share with us the wonders of Maria Island, Freycinet Peninsula, Schouten Island and the Tasman Peninsula. This walk is supported by the spectacular Lady Eugenie, a 23-metre (75-ft) luxury classic ketch. Superb 3-course dinners are served either aboard Lady Eugenie or in the relaxed surrounds of a barefoot beach dinner under the stars.

At times the itinerary will need to be changed due to sailing conditions. If alterations are made your guide and crew will keep you well informed.

Here you will find everything you need to prepare and get excited about your adventure, all in one document. From pick-up times to gear lists, daily distances to accommodation details, this is your Wineglass Bay Sail Walk go-to-guide.



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The Trip

Trip Summary

Trip Duration:
6 days/5 nights

Grade: Moderate

Activities: Spring/
Summer/Autumn
walking some of the
most spectacular
trails on the East
Coast of Tasmania
with only a daypack.
Using our luxury
ketch Lady Eugenie to
connect the trails and
for accommodation
at night.

Price: from \$3,995 per
person (twin share)





Why walk with us?

It's very important to us that you spend time reconnecting with friends and family or simply giving yourself some space, so we make sure the small things are taken care of. From the moment you join us, the adventure begins – no need to worry about a thing – we have it covered!

We were the first operator entrusted by the Tasmanian Parks & Wildlife Service to build and operate accommodation within its National Parks and Wilderness World Heritage Area; and more than 30 years later that key relationship and trust remains.

Our groups have exclusive use of Lady Eugenie - whilst travelling with us she becomes your home. Lady Eugenie is a luxurious, 23-metre (75-ft) ketch rigged yacht. She is five metres wide, which makes her stable, safe and comfortable for both novices and sailing enthusiasts. During the evening, you can relax in the delightful and spacious saloon with dining table and comfortable lounge. Your accommodation should be enjoyed not endured!

We believe that food and wine should be part of the experience, never an afterthought. We have our own in-house chef to design all meals and train guides in their preparation to ensure they are both healthy and delicious. Lady Eugenie has a professionally equipped galley for the crew to prepare delicious meals made from local produce.

Our guides are our most outstanding asset. They are passionate outdoor enthusiasts, educated interpreters and fantastic hosts all rolled into one. Through your guides' interpretation, you can learn about the flora, fauna and local history of Tasmania's awe-inspiring wilderness. Our guides are trained in accident prevention, incident management and remote area first aid. They carry appropriate communications equipment to ensure that, should it be required, help is only a call away.

Over the years Tasmanian Walking Company has been the proud recipient of many awards. Call and talk to us on 03 6392 2211 and find out why we are the most awarded walking company in Tasmania.



Itinerary

At a glance

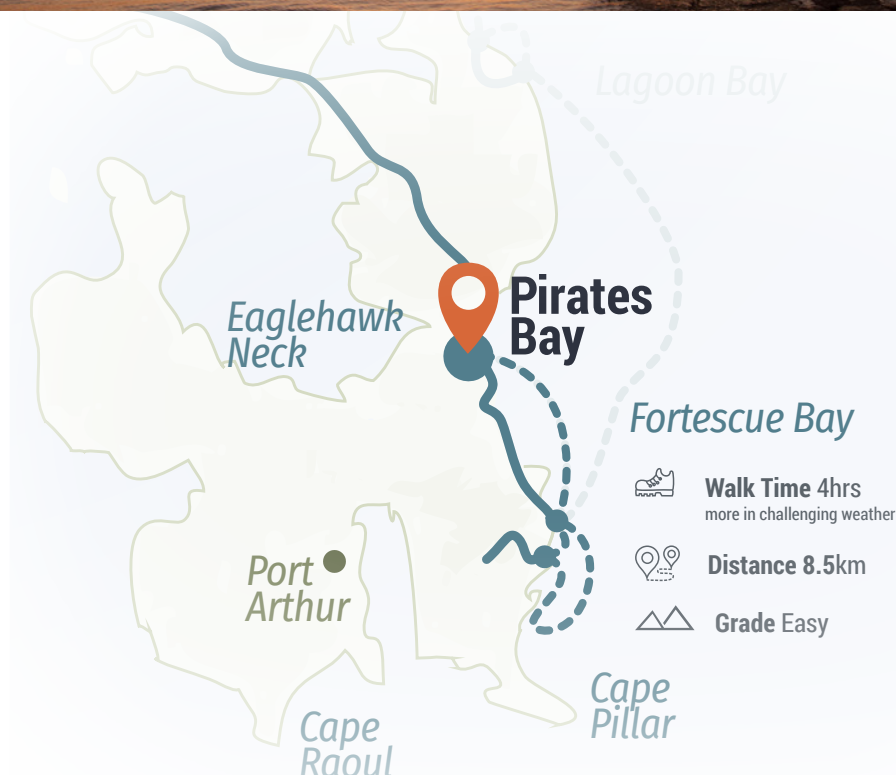
DAY	WALK SECTIONS	DISTANCE	STAY	MEALS
One	Hobart – Fortescue Bay	8.5km (4hrs)	Lady Eugenie	-/L/D
Two	Fortescue Bay – Lagoon Bay	6km (3hrs)	Lady Eugenie	B/L/D
Three	Forestier Peninsula – Maria Island	6km (5hrs)	Lady Eugenie	B/L/D
Four	Maria Island – Schouten Island	6km (3-4hrs)	Lady Eugenie	B/L/D
Five	Schouten Island – Wineglass Bay	9km (5-7hrs)	Lady Eugenie	B/L/D
Six	Wineglass Bay – Hobart	5km (3hrs)	Return to Hobart	B/L/-

* PLEASE NOTE THAT DISTANCES MAY VARY ON TRACKING DEVICES.

Please note this itinerary is subject to change depending on weather conditions. We will endeavour to remain as close to the written itinerary as is practicably possible. Our guides will keep you up to date and informed along the way. Should you have any questions, please feel free to call us on 03 6392 2211 or email bookings@taswalkingco.com.au.



Day 1



Hobart to Fortescue Bay (via Cape Hauy)

The day begins in Hobart where you will meet your guides at the IXL Atrium at 7:30am. After a brief gear check and introductions, we board our bus and travel to the Fortescue Bay, on the spectacular Tasman Peninsula arriving around 10.00am.

We begin our walk at Fortescue Bay. This 4-hour return walk begins with a gentle ascent on a well-crafted track, before climbing atop the towering dolerite sea cliffs this peninsula is famed for. Along the way, you'll pass through heath and woodland vegetation before the view opens up to magnificent rock formations. Your guides will point out well-known sea stacks including the Candlestick and the Totem Pole.

Arriving back at Fortescue Bay, we transfer via tender to our 23-metre (75-ft) luxury ketch, Lady Eugenie. This will be your floating home for the next five nights. Once aboard, enjoy a glass of wine with pre-dinner nibbles with the dramatic cliffs of Cape Hauy as our backdrop. A gourmet dinner of local Tasmanian delicacies will follow, prepared by your guide and yacht crew in the shelter of Fortescue Bay.



Day 2



Fortescue Bay to Lagoon Bay (via Canoe Bay, Hyatt's Beach)

Our morning begins with a short boat ride to the shoreline of Fortescue Bay. Here, choose to take an early morning dip or a short walk to Canoe Bay and back through small pockets of rainforest and coastal vegetation.

We return to the Lady Eugenie where we have lunch on-board and then set sail, slow-cruising toward North Bay, taking in the mighty dolerite spires from sea level. As we cruise along the Forestier Peninsula, we follow in the path of early European explorers such as Tasman, du Fresne and Baudin. We drop anchor near the very spot that Abel Tasman first landed in Tasmania in 1642. Here we lace up again for a gentle headland walk to wide-spanning views over-looking the Tasman Sea before retiring back to the yacht for a relaxed dinner aboard.



Day 3



Forestier Peninsula to Maria Island (including Bishop & Clerk)

A scenic morning's sail past Marion Bay, Cape Bernier and the south end of Maria Island brings us to the World Heritage-listed convict site of Darlington. Once populated with prisoners, it is now home to an array of architectural relics and abundant wildlife.

Today, we tackle our highest climb, the 630m ascent of Bishop & Clerk (4 to 5 hours return). As we traverse the high cliff edge of Fossil Bay, we are afforded sweeping views toward Schouten Island and Freycinet Peninsula, a glimpse of our journey to come. Perched high atop the dolerite columns of the summit, we enjoy lunch, with time to ponder the beauty and isolation of this island landscape.

Come late afternoon, we retire to the comfort of our luxury yacht for pre-dinner nibbles and a delicious meal to celebrate the challenges and triumphs of our day.

For those wanting a more relaxed adventure, we visit the beautiful sandstone patterns and structures of the Painted Cliffs. We can also learn more about the island's unique Aboriginal, convict and industrial histories whilst rambling around the Darlington precinct.



Day 4



Following a leisurely breakfast on board Lady Eugenie we set sail, leaving Maria Island and heading north on a 4-hour journey toward the spectacular Schouten Passage. Sailing past the large sedimentary deposits of Fossil Bay and the towering dolerite columns of Bishop & Clerk, we head towards a geological beauty – the pink granite boulders and mountains of the Freycinet Peninsula. Along the way, we get an up-close view of an Australian fur seal colony that makes its home on the rocky outcrop of Isle du Phoques.

After dropping anchor, we disembark on the secluded Schouten Island for a scenic 3-hour walk, climbing to the top of Bear Hill. Those who would prefer a leisurely afternoon can snorkel, swim or relax on-board.

Tonight is very special; a luxury barefoot beach dinner on the secluded shores of Schouten Island. Return from Bear Hill to plump Pacific oysters and Tasmanian sparkling as part of a three-course outdoor dining experience.



Day 5



Schouten Island to Wineglass Bay (via Cooks Beach and either Hazards Beach or Mt Graham)

Over breakfast we decide whether we ascend Mt Graham and take the high route to Wineglass Bay or opt for the less challenging but equally stunning coastal section of the Freycinet Peninsula circuit track. The former sees us head inland from the shores of Cooks Beach and ascend through tall Tasmanian Blue Gum forests before traversing the button grass fields of the East Freycinet Saddle, dotted with seasonal wildflowers. The trail descending from Mt Graham and Mt Freycinet takes in spectacular coastal views including iconic Wineglass Bay.

The coastal track heads north from Cooks Beach following the shore of the enticingly-named Promise Bay while The Hazards mountain range gradually unfolds before us to dominate the northern vistas over the peninsula's isthmus. An hours walk along Hazards Beach will bring us to the Isthmus Track which provides the opportunity for a close up view of the wildlife at the lagoon before setting foot on the white sands of Wineglass Bay.

After our day of walking, there's time for a refreshing swim before boarding Lady Eugenie.



Day 6



Wineglass Bay to Hobart

Our final day begins with breakfast on board Lady Eugenie. We can observe the busy shorebirds and towering forms of The Hazards mountain range above. We ascend gently between pink granite boulders and, taking our lunch trackside, we overlook the white sands and turquoise waters of Wineglass Bay below.

A steep descent on a well-constructed track brings us back to meet our bus, ready to take us to Hobart. Our return trip travels down Tasmania's east coast. The journey is not over yet, though. We visit a boutique vineyard for canapés and celebratory drinks, easing us back into life off the track and the comforts of Lady Eugenie. We then return to Hobart via the Hobart Airport.



What is included

- / Return transfers between Hobart and the start and finish of the walk
- / Accommodation each evening on our luxury ketch Lady Eugenie; there are two cabins with one double bed each and two with two single beds each (1 x bunk each)
- / All meals and non-alcoholic beverages, plus a limited selection of Tasmanian wines
- / National Park passes
- / Use of a daypack and rain jacket for the duration of the walk
- / All bedding and linen
- / A qualified guide for the duration of the walk



Gear List

The items listed below will be packed into a duffel bag which we provide and will be stowed on Lady Eugenie. You will only need to carry a day pack with your personal belongings, lunch and water for each days walk.

We provide the following:

- / Duffel bag (available on the morning of departure)
- / Rain jacket (3-layer membrane; waterproof and breathable available on the morning of departure)
- / Day pack
- / All bedding and linen
- / Lunch container, cutlery and travel mug
- / Basic toiletries (sunscreen, after sun care, insect repellent, Sorbolene-based moisturiser; available on board Lady Eugenie)
- / Small reference library offering a range of books and games (including field guides and maps)

* Please note: any luggage not required on your walk can be stored at our office and will be returned to you at the conclusion of your walk.

* You're welcome to bring your own daypack and rain jacket if you would prefer.

Essential Gear List

When you arrive at the pre departure point, it would be great if you could have all the gear you intend to take with you separated from any other luggage (perhaps in a garbage bag). This will make the packing process run more smoothly.

Essential Items

- / Lightweight, lace-up walking boots with ankle support and treaded sole (preferred) or walking shoes with treaded sole (acceptable). Sandshoes, elastic-sided boots, street shoes and similar are not acceptable
- / Waterproof overpants (September/October & April/May)
- / Clear soled shoes suitable for the yacht (Dunlop Volleys or similar)
- / Polar fleece jacket (preferred) or woollen jumper
- / Light jumper (warm)
- / Beanie
- / Shorts and/or light trousers for walking
- / Polypropylene thermal underwear (long-sleeved top and long johns; essential in summer and winter)
- / Warm long pants (for evenings on the boat)
- / Shirts/t-shirts (merino or polypropylene; 3 recommended)
- / Socks (merino recommended; 3 pairs recommended)
- / Underwear
- / Sun hat and sunscreen
- / Travel towel or body chamois (body size for swimming; light and quick to dry)
- / Water bottle(s) (at least 1.5 litres total capacity)
- / Any personal medication, including anti-inflammatories and EpiPens

* DENIM AND COTTON CLOTHING ARE NOT ACCEPTABLE



Recommended Items

- / Camera (with spare batteries or charger – limited charging capacity available on Lady Eugenie)
- / Waterproof overpants (November, December, January, February, March)
- / Swimming costume
- / Binoculars
- / Drawing or painting supplies
- / Notebook and pen/pencil
- / Walking poles

Frequently Asked Questions

How often do trips depart? Our trips depart regularly from late October through until early May each year (please check on our on-line calendar or contact our office for departure dates).

What is the itinerary? Please note that on occasion our itinerary may need to change due to weather conditions. We do try to keep changes to a minimum and your guide and skipper will keep you up to date with any planned changes whilst on your trip.

What is the accommodation like? We have four guest rooms aboard the Lady Eugenie. Two rooms have one double bed, and two have two single beds (as a bunk). We will do our best to accommodate your room request; however, due to space limitations we cannot guarantee a specific room type will be available.

How many guests will be on my trip? Each trip requires a minimum of four and a maximum of eight guests. If booking as a single walker or in an odd-numbered group and the trip fills to capacity, you will share a room with another walker of the same gender.

How fit do I need to be? As long as you exercise regularly and have moderate fitness, you should enjoy this walking holiday. You need to be capable of walking between 9 and 14km each day, including walking along beaches, some hill climbs and some uneven terrain. There is plenty of time to explore, as well as sit and rest, each day. There are also alternative options, should you wish to stay on the boat or choose a more relaxed walking alternative.





How much weight do we carry? We provide a duffel bag and a 25-litre day pack on the morning of your departure. You will pack all the gear you need for the duration of your trip into the duffel bag. Your gear will be stowed on board Lady Eugenie, so you will only require a day pack for all walks (provided by us). If you follow the gear list, your day pack should weigh approximately 5kg.

What style of boots/walking shoes do I need? And what about boating shoes? You will need lightweight, lace-up boots (preferred) or walking shoes (acceptable). Boots/shoes must be worn in to minimise the risk of blisters. Sandshoes, elastic-sided boots and similar are not acceptable.

Whilst on the boat, we ask that you wear clear soled shoes to limit damage to the deck. There are many styles of boat shoe available, but if you are looking for a good option that isn't too expensive, Dunlop Volleys or similar are perfectly fine.

Do we need travel insurance? We strongly recommend travel insurance. Consideration needs to be given to our cancellation policy, injury, evacuation, delayed flights, illness, etc. Please see our Booking Terms & Conditions for details and contact us if you have any questions.

How many guides are there? Every trip has an experienced guide, skipper and crew.

What is Lady Eugenie like? Do I need to help sail the yacht? Lady Eugenie is a luxurious, 23-metre (75-ft) ketch rigged yacht. She is five metres wide which makes her stable, safe and comfortable for both novices and sailing enthusiasts.

Her clipper bow, complete with a bowsprit you can walk on, is perfect for watching dolphins and other marine life. With beautifully maintained teak decks and classically varnished hand rails, Lady Eugenie's spacious decks are the perfect setting for relaxing and taking in the scenery. The central cockpit provides plenty of comfortable seating, with a picturesque alfresco dining setting: a magical place to take in the sunset.

There are four comfortable cabins on board, all with air conditioning, bathrooms and showers. During the evening you can relax in the delightful and spacious saloon with dining table and comfortable lounge.

Lady Eugenie is your home whilst you are on board. You don't need to assist with sailing, but if you are keen to learn more about sailing please speak with our skipper.



How about food? All meals are provided, including scrumptious three course dinners using fresh produce. Meals are prepared by our gourmet cooks/guides. We are happy to cater for special dietary requirements, we just need to know in advance. Evening meals are served with a carefully selected range of Tasmanian wines.

What time does the trip commence and conclude? Please have your breakfast before joining us at the IXL Atrium (27 Hunter Street, Hobart) where you will meet your guide.

We will pick up from the Old Woolstore Apartment Hotel at 7.20am. If you would prefer to make your own way to the IXL Atrium please be there by 7.30am sharp. Here you will meet your guides and other group members, as well as receive a briefing and gear check.

We board our bus for a 1.5-hour drive to Fortescue Bay.

Your trip will return to Hobart via the airport, stopping at a boutique vineyard with time for you to repack your bags and enjoy some canapés and Tasmanian sparkling wine before we say farewell. We have an airport drop off at 5.30pm followed by a drop off at your accommodation in the Hobart CBD around 6.00pm.

What pre- and post-trip accommodation options do we have in Hobart?

The Old Woolstore Apartment Hotel 1 Macquarie Street, Hobart (our shuttle will pick you up from in front of reception at 7.20am)

This multi-award winning hotel has a reputation for being one of Australia's most welcoming and relaxing inner-city hotels. The rooms are spacious and the hospitality friendly. To book visit oldwoolstore.com.au

- / Enter your check in and check out dates, number of rooms and guests
- / Hit 'Book Now'
- / Once the booking page loads, select the 'Add Code' tab and change the discount code to 'Rate Access/Corporate Code'
- / Type in the code TWC and click 'Add' to receive your exclusive offer

The Henry Jones Art Hotel 25 Hunter Street, Hobart

A hotel where art and history collide. Hobart's oldest waterfront warehouse has been transformed into Australia's first dedicated art hotel with views capturing the bustling wharf. Close to galleries, restaurants, bars and cafés.

The Henry Jones offers luxury boutique accommodation with warm friendly service. To book please email reservations@thehenryjones.com and quote "Tas Walking Co" to receive your 10% discount.

MACq01 18 Hunter Street, Hobart

MACq 01 lives on Hunter Street on the old Hunter Island, one of the earliest sites of European settlement in Tasmania. Surrounded by yachts, docks, convict-built sandstone warehouses and a huge expanse of open water, the hotel boasts gorgeous views alongside supreme convenience.

MACq 01 is the perfect place to start telling your own Tasmanian story. Accommodation is available in a variety of luxurious suites and rooms. Each of the hotel's 114 rooms are linked to a real character central to the story of Tasmania - heroes, villains, explorers, inventors, convicts, bushrangers, first people, industrial giants, political mavericks and much more.

To book please email reservations@macq01.com.au and quote "Tas Walking Co" to receive your 10% discount.

If you are staying anywhere else in Hobart please make your way to the IXL Atrium (27 Hunter Street, Hobart) by 7.30am.

Are there age restrictions? The minimum age for guests walking with us is 12 years old. There are no upper age restrictions, however, for guests walking with us who are 69 or above we do require a GP to sign off on a letter we provide.



Fitness Training

Training will prepare your body so you can enjoy the hike more and focus on the landscape and the experience. The Wineglass Bay Sail Walk requires both hiking strength and personal stability as you move around on the Lady Eugenie while at sea. You will have the opportunity to climb mountains and hills, so training on dirt trails, rocky shores, headlands and soft sand will prepare you for the walk.

Each day you will be bringing a day pack, with 1.5-litres of water, weather-proof jacket, lunch, snacks and camera. The day-pack will weigh approximately 5kg, so it is ideal to train with a small day-pack of similar weight. Remember all walks start at sea level and can reach an elevation of 620m.

3-6 months before your walk

If you have limited experience with long-distance walking, ideally you will get started with your training as possible. Begin on the terrain you are comfortable walking on, to loosen up your joints and muscles. Bring a light pack with you, and begin hiking in the boots, socks and other gear that you will be hiking in on your trip.

If you haven't already, start "breaking in" your hiking boots to prevent blisters and determine whether your boots are the right fit and feel. If your boots are more than 10 years old there is a good chance the glue will have deteriorated and they will fall apart. It's better to find this out on your training walk than in the middle of the Tasmanian wilderness!



IDEAS:

- / Try parking your car further from work and walking to/from, then every second day increase the distance you park your car from work.
 - / Short bush walks or coastal strolls on the weekend.
 - / Walking in the soft sand is more challenging than you might expect, so be sure to get out on your local beach for some walks prior to your trip.
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2-3 months before your walk

As you become more conditioned begin longer walks and more pack training. The Bishop and Clark walk on the Wineglass Bay Sail Walk is approximately a 3-5 hour walk depending on pace. There are some steeper sections so begin adding elevation training to your walks. If you are feeling unbalanced on the trails during your hiking preparation try out some walking poles as they provide more support to your knees, ankles and upper body while ascending and descending mountains.

Your training walks should be around 7-9km in length to walk comfortably on your trip. Now is also a good time to add more strength based exercises.

IDEAS:

- / Do you or a friend have a boat? Go out and see if you get motion sickness. Start getting your sea legs!
- / Agility and stability are key on the Lady Eugenie which has stairs into the saloon. It's more comfortable moving around and dolphin sighting from the bow if you feel balanced when the ketch is making way. Yoga, balance and/or pilates based exercises should be added to your training.
- / Choose something you enjoy; cycling, rowing, running, stairmaster, treadmill and swimming are all good choices.

1-2 months before your walk

The walking tour is getting closer and now you are comfortable walking on different surfaces at different intensities. Map out a 12km hike for a weekend prior to your walk consisting of average hills and flat surfaces. Time how long it takes you to walk this distance (wearing hiking boots and daypack).

IDEAS:

- / Walking on the beach, headlands, trail walking and trails with elevation.
 - / Carry the weight in your pack that you think you will have with you during the walks.
 - / If possible, have your short walk the day after the long weekend walk (so you can become conditioned to multi-day walking).
 - / Walk in all weather conditions, as Tasmania can experience many seasons in one day. The most common unpleasant weather you may experience on your walk is windy beach walking.
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1-2 months before your walk

Reduce the intensity of your training in this last month to avoid a burnout. The idea is to keep walking regularly, but decrease your intensity e.g. slower pace, one stair at a time rather than two. The last thing you want to do is get an injury just before your walk.

IDEAS:

- / Make sure to keep hydrated.
- / Try going on the ocean again to help with getting your “sea legs”.
- / Continue agility and stability exercises.

Remember to continue your strengthening and stretching exercises throughout your hike.

No doubt you are starting to discover new muscles and feeling a little tight and stiff. Adding a gentle stretching program (after you have warmed up) will aid in injury prevention. Aim to stretch major muscle groups such as hamstrings, quadriceps, buttocks and calf muscles. A gentle stretch of the muscles should be felt and pain should never be produced. Hold each stretch for at least 30 seconds and avoid bouncing movements.

3 months before your walk

Map out a 7km hike in your area consisting of average hills and flat surfaces. Time how long it takes you to walk this distance (wearing hiking boots and backpack). Complete this hike once per week in conjunction with your other walking. Each week, add an extra km to your hike. By the end of the month the goal is to walk 10km comfortably. This hike is a good chance to practice with all the gear that you intend to take on your actual hike. This will enable you to work out where things are best located in/on your pack for your individual preference. Now is also good time to add in more strength based exercises.

IDEAS:

- / Squats (feet are hip width apart, body weight in your heels). Advance by added weights in each hand or increasing repetitions
- / Lunges (alternating legs in front, protect your knees by making sure front knee does not come further forward than your ankle, keep torso up straight). Advance by increasing repetitions, adding weights in hands or walking lunges

2 months before your walk

The trekking tour is getting closer and now you are comfortable walking on different surfaces at different intensities. On the actual hike, you will be required to walk long distances on consecutive days in all weather conditions. Aim to walk 30mins - 1hour every day of the week, despite the weather (in addition to your weekly 7km hike).

Continue carrying your backpack that you will actually need to carry on the trek. Ideally by the end of this month you will be able to comfortably carry up to 10kgs on all your training walks.

1 month to go!

This is your “tapering” month, we recommend reducing the intensity of your training in this last month to avoid a burnout. The idea is to keep walking regularly, but decrease your intensity e.g. slower pace, one stair at a time rather than two, decrease your pack weight back to what you will carry on the trek. The last thing you want to do is get an injury just before your walk.

Remember to continue your strengthening and stretching exercises throughout your hike.

